Mark Krug, Director of Wellness Consulting & Certified Health Coach

My mission:

I have a gift -- I truly enjoy helping people. While I like helping people in general, I have narrowed that down even further and understand my gift is to help people reach their goals. Over the past 26 years, I have trained and motivated thousands of clients to reach their health objectives. I get the same amount of enjoyment helping a client get off their blood pressure medication, lose weight, or set a weight lifting record.

Why I love my job:

According to studies, 70% of all chronic disease and illness are lifestyle related and therefore preventable. I get the rare opportunity to assist people in either getting their health back or prevent it from slipping away.

How I can help you:

As a certified health coach, my job is to help you recognize patterns and behaviors that may be having a negative impact on your health. Once we accomplish that, we then create tools and support systems that foster an environment where the new behaviors can grow. I coach both individuals and organizations and look forward to working with you.

A few relevant facts about me:

- 26 + years in the health and fitness industry and General Manager of several large independent health clubs
- Wellness resource and coach for one of the world’s top executive coaches, author, and Lipper Award winner
- Guest spots on Blue Ridge Cable 11 news and local CNN headline news & Blue Ridge Cable channel 13-10 part wellness series
- Radio Host WLAN FM97 “The Big Punisher” ran 2-10 week radio contests “Biggest Loser”
- Advisory board member (past) at Baltimore School of Massage- personal training division
- 1996 IPA Power-lifting World Record Holder and National Champion
- Corporate Wellness Magazine, Keystone Motorcycle Press
- Defensive tactics Instructor through PPCT- Pressure Points & Control Tactics

My certifications and training include:

A.C.E. – American Council on Exercise - certified health coach
A.C.E. -- American Council on Exercise - personal trainer since 1993

A.F.P.A. -- American Fitness Professional and Associates

* Certified Nutrition and Wellness Consultant
* Certified Functional Training Specialist
* Certified Post Rehabilitative Exercise Specialist

Certified in Polar Body Age Assessments

Certified WELCOA Well Workplace University

The best advice I’ve ever received was:

I have been surrounded by many awesome people that have given me loads of great advice. One that always seems relevant is this: “Why does it seem like there is always time to do things over yet never time to do them right the first time.”